



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, November 12th - 11:00-11:45 am

Call in number: 1-763-957-6300

Tip: Please join the WebEx first and then have the audio call out to you

Agenda

- Welcome New Champions!
- "What's Your WHY?" Discussion & Open Sharing
 - *With Special Guest Jack Bastable*
- Great American Smokeout – November 19, 2015
- November HQ Seminar
- November EAP Webinar
- Program Launch Flyer (Coming Soon to Your Mailbox)
- NEW Look & Feel Coming to Portal with New Program Launch
- "Healthy Holidays" Challenge – November 23, 2015 – January 1, 2016

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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WHAT'S YOUR WHY?

UNDERSTANDING MOTIVATION

Wellness is something we do with people and for people...it isn't something we do to them.



MOTIVES AFFECTING BEHAVIOR

Direct Motives



Indirect Motives

DIRECT MOTIVES

- ◉ **Play**- the activity itself
- ◉ **Purpose (my WHY)** - I value the primary outcome
- ◉ **Potential**- I value a second outcome

INDIRECT MOTIVES

- ◉ **Emotional Pressure-** disappointment, guilt, shame
- ◉ **Economic Pressure-** for reward or to avoid punishment
- ◉ **Inertia-** we just keep doing things because that's what we have always done

WHAT'S YOUR WHY?

- ◉ Nike - To Bring Inspiration and Innovation to Every Athlete in the World
- ◉ TOMS - With Every Pair you Purchase TOMS will give a Pair of NEW Shoes to a Child in Need. One for One.
- ◉ Virgin - To Embrace the Human Spirit and Let it Fly

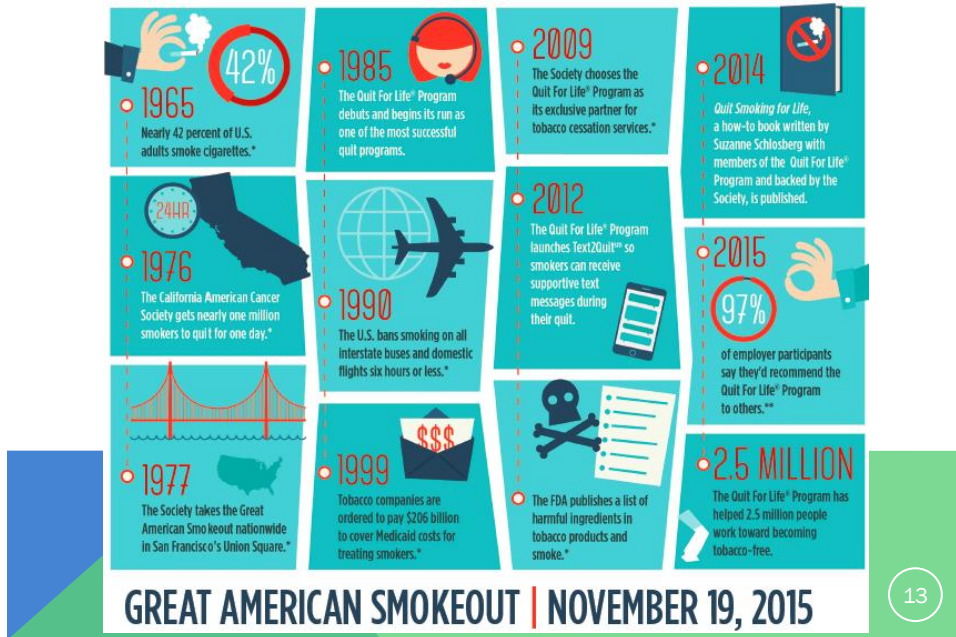
WHAT'S YOUR WHY?

- ◉ To have energy to keep up with your toddler
 - ◉ See your grandchildren walk down the aisle
 - ◉ To feel great about yourself
 - ◉ Peace of mind
 - ◉ To motivate others
-
- ◉ We all have different reasons for why we choose to live healthy.

WHAT'S YOUR WHY?

- ◉ One Word
 - ◉ One Phrase
 - ◉ One Sentence
 - ◉ One Paragraph
-
- ◉ The Purpose of Life is a Life of Purpose
- Author Unknown

Great American Smokeout – 11/19/2015



November 2015 Seminar Available on the Portal 11/1/15

Library > Tools >

Living without Tobacco

Seminar • 1 Credit • 10/20/2015

Despite all the public health efforts, cigarette smoking is still the leading cause of preventable death. If you or a loved one smokes, this seminar is for you. You'll learn about the best techniques for quitting tobacco.

Seminars help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

November 2015 EAP Webinar

Thursday, November 19th, 2015

3:00 p.m.

“Stress: A Way of Life or a Fact of Life”

All aspects of work and life require stress-everyone experiences it. Experiencing stress is not all bad, but how we perceive stress is what's important. Stress is our body's normal response to any extra physical, mental or emotional demand we place on it.

Register at <https://attendee.gotowebinar.com/register/3830742860258530561>

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HEALTHQUEST 2015-2016 PROGRAM

Earning **\$240**
is as easy as...

1

Obtain
Biometric Values

2

Complete the
Health Assessment
Questionnaire
(required,
worth 5 credits)

3

Earn 30
total credits

Credit Value	Credit Max	HealthQuest Activities
5	5	Health Assessment + Biometrics (Required)
5	5	Biometric Screening Participation (on-site screening/home kit)
3	3	Blood Pressure in range <120/80
3	3	Total Cholesterol in range <200
3	3	Glucose in range <100
3	3	Non-Tobacco User (auto-award from Health Assessment)
15	15	Lifestyle Coaching
15	15	Condition Management
15	15	Tobacco Cessation Program
3	3	Health Advisor
5	20	Preventive Exams through Self Report Forms
5	30	Challenges
5	10	Agency Wellness Program
3	6	Agency Training Program
2	10	Virtual Coaching
1	3	Online Monthly Seminars
1	3	Conversations
1	3	Health & Fitness Activities
1	5	KS Financial Learning Center Modules
1	3	EAP Webinar Attendance
3	3	Register for Castlight Health
2	2	Castlight Health - Complete Quiz & Video
3	3	Register for Rx Savings

Total Credits Required - 30 | Total Credits Possible - 171

Coming November 16th - A NEW Look & Feel to the HQ Portal

The screenshot shows the HQ Portal interface with the following callouts:

- Action Plan:** Click here to return to your home page.
- Click Action Plan:** Click **Action Plan** for easy access to your Virtual Coaching Program.
- Progress:** The Progress section shows your Challenges, Fitness Tracker & Health Assessment Questionnaire (HAQ).
- Rewards:** Click **Rewards** to check your incentive goal status. You will also find all ways to earn credits by joining a Challenge, completing self-report forms and submitting success stories.
- Coaching:** If you are enrolled in Coaching you will have quick access to your program.
- Library:** Scroll over your **Avatar** to view your Secure Message Center, update your Personal Health Record or edit your personal settings.
- Credits:** See your total Credits here.

Below the callouts, the interface includes:

- Challenges:** We provide the challenge, you bring your game face. See what's next. **+5** View Challenges
- Earn Now:** Earn credits while working on healthy changes. It's easy!
- Trackers:** Your last blood glucose entry was 69 mg/dl 11/06/2015. Update Trackers
- Library:** Find articles, videos and tools that can help you.
- BULLETIN BOARD:** Visit the **Bulletin Board**. Click view all to see your Program Details. This is the former "Your Resources". View All

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"Healthy Holidays" Challenge

Healthy Holidays

Maintain Don't Gain
November 23, 2015
thru January 1, 2016

Managing your weight just got easier!
Practice healthy habits that support healthy living & weight management.

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Thank You for Joining Us Today!!

Next Meeting is Thursday, December 10th, 2015

✓ 11:00-11:45 am

Secret Question:

Open Questions / Comments

